

WOUND CARE INSTRUCTIONS FOR GRANULATING WOUNDS AND GRAFTS (HEALING WITHOUT STITCHES)

The Dressing should remain in place overnight. If the dressing comes loose before then, re-tape it carefully.

PAIN:

Postoperative pain is usually minimal. Extra-strength “Acetaminophen” (generic Tylenol), two tablets every four hours, usually relieves any pain you may have. You should take the Extra-Strength Acetaminophen when the discomfort begins, do not wait until the pain is severe.

BLEEDING:

Careful attention has been given to your wound to prevent bleeding. You may notice a small amount of blood on the edges of the dressing the first day or so and this is **NORMAL**. Relax and limit your physical activity the first 48 hours after surgery. If bleeding occurs and saturates the dressing, apply firm steady pressure over the dressing with gauze for fifteen minutes by the clock. (**DO NOT BE AFRAID TO APPLY FIRM PRESSURE**). This usually is adequate treatment.

In the rare instance when bleeding persists, please call our office.

WOUND CARE:

Your wound will be granulating (growing in) over the next several weeks. Careful and meticulous wound care will help you attain a better result.

Once a day, cleanse the wound with mild soap and warm water, **DO NOT** use alcohol or hydrogen peroxide. **DO NOT** be afraid to wipe the wound carefully and cleanse away crust drainage that may be present. The wound may be tender and may bleed slightly the first day. It may seep fluid the first few days. It is normal to have a little oozing or spot bleeding everyday until the wound is healed. **Your wound will heal better if all crusts and scabs are removed.** For stubborn crusting, place gauze, wet with water, over the wound for 5 minutes to soak and loosen debris. Pat dry.

Wound care for granulating wounds:

Apply a thin layer of petroleum jelly (Vaseline) over the wound and cover the wound with a Telfa non-stick dressing, or a piece of gauze and paper tape. It is

preferred to keep the wound covered. However, if you are remaining at home and find it difficult to cover the area, you may leave it uncovered.

Vaseline should be applied twice a day in this case. The wound heals in from the sides and bottom so the last part to heal in will be the very center wound.

You may shower and allow the wound to get wet; however, do not let the forceful stream of the shower hit the wound directly.

Continue wound care for ___ weeks, then stop.

WOUND SEAL:

If you have wound seal, it will appear that the wound has “dirt or sand” in it. The wound seal helps stimulate healing and prevent bleeding. **DO NOT** try to remove it. Continue wound care as directed by the doctor.

APPEARANCE:

There may be swelling and bruising around the wound, especially if the procedure is near your eyes. For your comfort, you may apply ice over the bandage and near the wound site. After a couple of days, your granulating wound will be light pinkish-yellow. This will lighten over the next couple of weeks and gradually become flesh colored. The edges of the wound will be pink at first and tender, fading after a couple of days. If the edges remain red and sore, the wound begins to drain puss, or if the area becomes itchy, please notify our office. The area may remain numb and be mildly itchy. You may also experience periodic pains around the wound as part of the healing process.

If you have any questions, please feel free to call us. We want you to feel as comfortable as possible.

Any problems or concerns call our emergency line at 848-200-2688